

LOCATION	WRITTEN BY:	APPROVED BY:	DATE CREATED	LAST REVISION
Shaftesbury High School Room: ALC (weight room) Subject: PE	Paul Bryant	S&H Committee	June 20,2014	New

HAZARDS PRESENT	ADDITIONAL REQUIREMENTS
✓ Pinch Points, ✓ Musculoskeletal Injuries (MSI, Repetitive Strain) ✓ Sprains &, Strains	✓ Equipment Room Orientation and Teacher Instruction. ✓ Wear appropriate footwear. Shoes must be fully enclosed, no open toes. E.g. sandals ✓ Close fitting clothes must be worn. Remove strings hanging from pullovers/sweaters.

EQUIPMENT PICTURES	VISUAL : HOW TO USE

## SAFE WORK PROCEDURE

- **DO NOT** use this machine unless a teacher has instructed you on its safe use and operation and has given permission.
- **NEVER** operate this machine if it has been damaged in anyway.
- **DO NOT** attempt to fix a broken or jammed machine. Notify Physical Education Staff.

### PROCEDURE:

1. Select appropriate resistance and adjust seat. Make sure pin is securely in place and avoid pinch points on machine.
2. Sit down on the bench and ensure that your feet are firmly planted on the ground. Grasp the overhead bar with your palms facing down, arms shoulder width apart and with a straight back. Make sure resistance is adjusted to an appropriate amount and avoid pinch points.
3. Pull down towards chest in a slow and controlled movement using appropriate positioning. Keep head, limbs

and fingers clear of moving parts.

4. Lower the bar slowly in a controlled movement back to the start position. Avoid jerky movements.
5. Repeat the movement for the desired amount of reps.
6. Once completed, stand up and dismount the unit carefully.
7. If at any time you feel faint, dizzy or experience pain, stop and consult your physical education teacher.

**VARIATIONS:**

Through slight variations on the grip, you can create new exercises on the lat pull down machine.

- hold your hands on the overhead grip at an increased distance - double in length,
- hold your hands close together inside the shoulders
- change your hand position on the overhead bar from pronated to supinated or even parallel. This will change the paths of your elbows as you do a repetition and, thus, exercise a different portion of your muscles.

## REGULATORY REQUIREMENTS

- WS&H Act W210, Section 9.3(1)
- Regulations,
  - Part 16, Section: 16.1-16.8
  - Part 2, Section 2.1- 2.2, 2.7-2.9, 2.14
- Manufacturers User manual